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ABSTRACT

This is one of a series of units for environmental education developed by the Highline Public Schools. The unit is designed for students at the senior high level who have a basic knowledge of nutrition, some experience in menu planning, and who are ready to put this knowledge of nutrition to work in selecting foods to attain maximum nutrition with a minimum of food waste. The unit is designed to take about two weeks. (RH)

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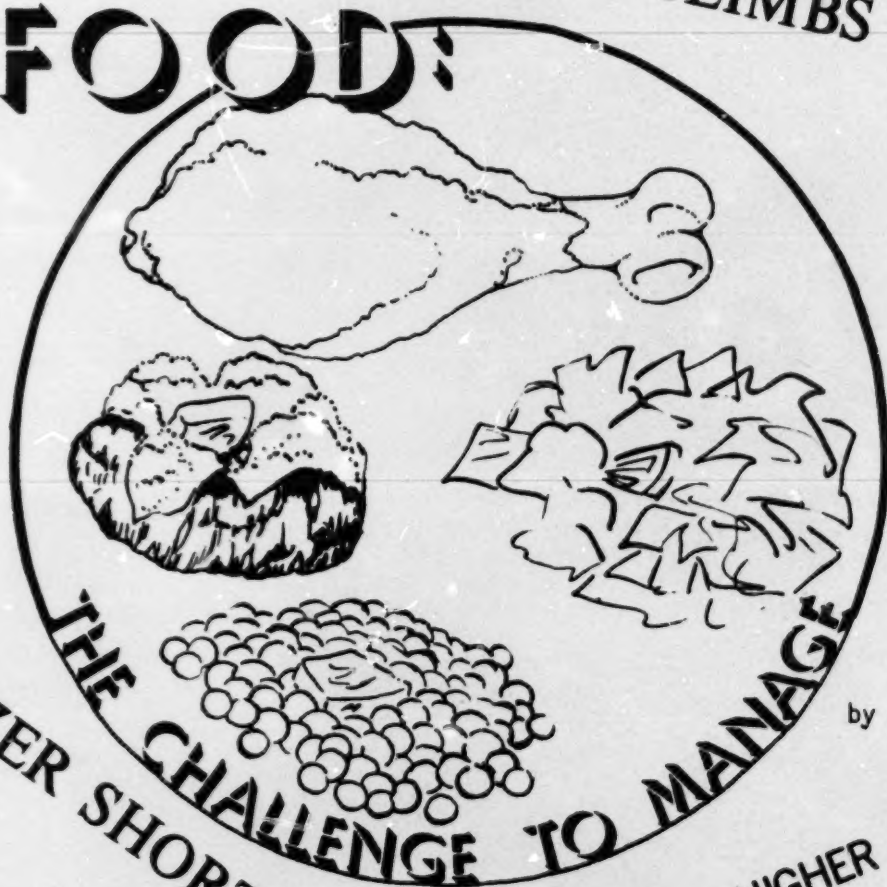
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ROUSH

**P
A
K**

MARKET BASKET COST CLIMBS TO **FOOD:**



by Judy Roush

FERTILIZER SHORTAGE
SEATTLE THREATENS WORLD
FOOD PRICES HIGHER THAN MOST

An Environmental Learning Experience for advanced foods at the senior high level. One of many "ELE Paks" available for all areas.

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BACKGROUND INFORMATION

We live in a time when food seems to be a primary topic of conversation -- food prices are going up and up -- how will we manage?? Many Americans are overweight and undernourished. Bountiful food supplies have led to wasteful habits. The media urges Americans to snack on "empty calories". Is this not a challenge to educators?

This unit deals with attitude analysis, skills and knowledge to "make it in the market".

NOTES TO TEACHER

This unit is designed for students who have a basic knowledge of nutrition and some experience in menu planning and who are ready to put this knowledge of nutrition to work in selecting foods to attain maximum nutrition with a minimum of food waste.

Lead up and follow up units might be:

1. Nutrition review
2. Meal planning review
3. This unit
4. Meat study
5. ELE - storing and preparing food (Roush Pak #2)

The lessons are designed for the standard secondary school period of 45-60 minutes. Some concepts take several days to develop and some ideas are left entirely to the student to develop.

Since no standard foods text is in each school, I have relied on magazine materials and government publications. These materials can be dittoed for individual student use.

This unit is designed to take approximately two weeks. A conceptual calendar is included.

CONCEPTUAL OVERVIEW OF UNIT

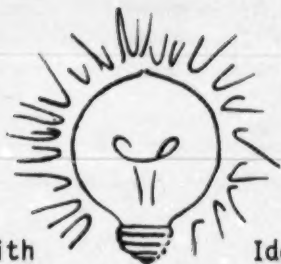
1. Introduction of food costs.
2. Food management is affected by family goals.
3. The smart shopper buys kinds and amounts of food the family will use without waste.
 - A. Meal planning helps to minimize food wastes
 - B. What's a serving?
 - C. How much to buy?
 - D. Cost per serving
 - E. A grocery list helps the food manager avoid extra trips and impulse buying.

CONCEPTUAL CALENDAR - ROUSH PAK #1

Day 1 - Administer pre-test and attitude test	Day 2 Lesson #1	Day 3 Lesson #2	Day 4 Lesson #3a	Day 5 Lesson #3b
Day 6 Lesson #3c	Day 7 Lesson #3d	Day 8 Lesson #3e	Day 9 Continue 3e	Day 10 →

NOTE: Have already taught this unit I know that concept 3e takes a long time to do - may be necessary to assign as homework as well as in class work!

MASTER MATERIALS LIST



1. Acetate (handwritten) with food managers to plan meals and purchase food for maximum nutrition and palatability with minimum waste." Idea: "It is our responsibility as

overhead projector

acetate with U.S.D.A. figures

collage ditto of newspaper headlines for each student

2. Dittoed copy of "Feeding Your Family--How Much do you Spend?" for each student
Dittoed copy of "How I Feed a Family of 7 for Under \$28 a Week" for students who want to do extra activity
Transparency of U.S.D.A. figures of food costs - to be made from master included
Ditto of assignment #1 for each student
3. Copy of "How Much Do You Need To Eat?" for each student
Various portions of foods in a recommended serving size for each - suggested foods are listed in lesson 3a. But any foods which could be arranged in 3 meals including all elements of the Basic 4 could be used. Standard servings may be obtained from any calorie chart.
4. Poster - "A Smart Homemaker Buys..." S&H Consumer Relations included in kit
Apple
Can of applesauce
Package of dried apples
Can of mushrooms
Fresh mushrooms (only if you'll use them)
Box of ready-to-eat cereal
Box of cereal that needs cooking
Chalkboard and chalk
Small food scale
5. Seattle Times Wednesday Woman's Section - ask students to bring or confiscate from friends or save them until they're sticking out of every nook and cranny of your house (like mine!)
Variety of magazines which have menus and recipes
U.S.D.A. Smart Shopping Tips packet - these may be reproduced without fear - it says so on the back of each packet
Ditto of assignment No. 2

LESSON 1

CONCEPT: Introduction to the idea of food management.

MATERIALS: 1. acetate with U.S.D.A. figures
2. collage ditto of newspaper headlines (a waste of paper, yes, but necessary to stimulate student interest!)

NOTE TO TEACHER: Teacher should review newspaper articles and make notes or just make any collection of current articles on food shortages, food prices, etc.

PROCEDURE: *Everybody's talking about food! Food prices rising, shortages of food, new ways of eating, food and health! Food or lack of food seems to be in the papers every day. Let's look at some of the topics about food that seem to be of concern.*

Read titles of articles and review briefly with students from your own notes. Try to note particular areas of interest to the class.

You've also no doubt noticed that what we call plain ordinary food is not so ordinary as far as prices go. Good food is expensive. The Dept. of Labor statistics for Fall 1972 indicate that a typical American city family of four requires \$11,446 annually to maintain a moderate standard of living. (Food accounted for 30% or \$3,433 (\$66 per week). This figure for food is high compared to U.S.D.A. figures of \$41.70 per week for moderate standard of living. Differences might be caused by including non-food items in the grocery bills and by eating out. No matter which figures you use, the persons in your household who plan meals, shop for food and store it and prepare meals have a large responsibility to the family both money-wise and health-wise. It is becoming more evident to we Americans, that our food resources, like other of our abundances are not unlimited. Americans are notoriously wasteful with food but in looking to the future, the adage, "Waste not, want not" has meaning for the person who wants to be well fed and still stay within a food budget. It is one of our responsibilities as food managers to learn to: plan meals and purchase food for maximum nutrition and palatability with minimum waste.

EVALUATIVE ACTIVITY:

1. Find an article in a newspaper or magazine dealing with the quantity or quality of American food supplies. List:
 - a) main points of article
 - b) how could it affect you or your family

Looking ahead:

2. Bring in newspaper ads with food prices - Wednesday section of Times or P-I is best.
3. Have students write down any 10 specific food items commonly used in cooking - use separate slips of paper. Draw items out of hat and have students find current price for that item. Note on calendar when this is due. Have a secretary record each item to be priced so you do not have duplicates in the class. It's helpful to look at the "How Much Are You Getting When you Buy" (Lesson 3c) as a

guide to types of food items. This compiled price list is to be used with lesson 3e.

SUGGESTED
EXTRA

ACTIVITIES: 1. Teacher and/or student bulletin board. A suggested title might be "Waste Not, Want Not". Have students bring in articles on food shortages - food prices, etc. for extra credit.

This page should be a hand written acetate. (I also like to include assignments and due dates on acetate)



IDEA:

1. Because food resources are not unlimited it is our responsibility as food managers to plan meals and purchase food for maximum nutrition and good flavor with minimum waste.
2. (teacher can add this to acetate at beginning of lesson #2)
Food management is affected by family goals.
3. (add at beginning of lesson #3)
Meal planning helps to minimize food wastes.
4. (add at beginning of lesson #4)
A thrifty shopper learns to buy the kinds and amounts of food the family will use without waste and makes a grocery list to avoid extra trips and impulse tuyendo.
5. Determining cost per serving helps the food shopper to choose the best buy for the family.

LESSON 2

CONCEPT: Food management is affected by family goals.

MATERIALS: Dittoed copy of "Feeding Your Family--How Much Do You Spend?" for each student
Dittoed copy of "How I Feed A Family of 7 for Under \$28 a Week" Transparency of U.S.D.A. figures of food costs - to be made from master included

NOTE TO TEACHER: In order to establish continuity in the lessons it is a good idea to keep a running list of the concepts on an acetate and review these each day at the beginning of the lesson.

PROCEDURE: *Yesterday I remarked that the American family food buyer has a lot of money to spend. Show transparency of Cost of Food at Home Estimated for Food Plans at Three Levels. Discuss figures. It might be of interest to you to copy these figures and discuss them with your family. If your family income is close to the average and your family spends more than the amounts listed here for groceries, what might this mean?*

STUDENTS WILL PROBABLY SEE SUCH REASONS AS:

- 1) Money is being wasted on food
- 2) Family splurges a lot
- 3) Mother is poor money manager, etc.

Try to draw out deeper thinking with questions such as:

- 1) *What things other than food does your mom or dad bring home from the grocery store? (soap, utensils, cigarettes, deodorant --- list as many as you can.)*
- 2) *Other factors also influence how much a family spends on food. I think one of the most interesting examples of this is shown in two articles from the January, 1973, Woman's Day magazine. Two women have written these articles and their ideas about food are very interesting.*
- 3) *I'm going to give each of you a copy of these women's stories and along with each story there are some questions that you will want to consider so that we can talk briefly tomorrow about these women's philosophies.*
- 4) *Hand out stories and questions. Discuss just a little bit about each story and how to use the references to complete the assignment. You may use the rest of the class time to read these accounts and be ready to talk about them tomorrow.*

EVALUATIVE ACTIVITY:

Ditto sheet, next page.

SUGGESTED EXTRA ACTIVITIES:

Read, "How I Feed a Family of 7 for Under \$28 a Week"

- 1) What tips does Donna have for feeding her family so inexpensively?
- 2) What are her ideas about nutrition?

ASSIGNMENT NO. 1

A TALE OF TWO WOMEN OR..

1. How much money did Jo spend to feed her family each month?
2. How large is Jo's family?
3. How much money did Jean spend to feed her family each month?
4. How large is Jean's family?
5. What is Jo's philosophy of feeding her family?
6. What is Jean's philosophy of feeding her family?
7. What is Jo's opinion about the nutritional value of her family's meals?
8. What is Jean's opinion about the nutritional value of her family's meals?
9. Which family is your family most like? Why?
10. List the three vegetables Jo's husband will eat. Keep this list for future reference.

COST OF FOOD AT HOME
ESTIMATED FOR FOOD PLANS AT THREE LEVELS

<u>FAMILIES</u>	<u>COST FOR ONE WEEK</u>		
	<u>Low Cost Plan</u>	<u>Moderate Cost Plan</u>	<u>Liberal Cost Plan</u>
2 persons, 20-35 years	\$19.40	\$24.60	\$30.50
2 persons, 55-75 years	15.80	20.60	24.90
4 persons, pre-school children	28.10	35.70	45.70
4 persons, school children	32.60	41.70	51.40

I FEED FIVE PEOPLE ON \$430 A MONTH
by Jo Boyd Hines

About a year ago I read an article in this magazine by a woman who fed her family of six for \$100 a month (October 1971 issue). Her name was Martha Randall, and she told how she stretched her pennies by serving a lot of hamburger casseroles, cutting out desserts and snacks, buying the cheapest kinds of groceries and never, never throwing any leftovers away. I was absolutely fascinated. Not because she could keep her family alive and apparently happy on less than \$17 apiece a month - it is something of a miracle, but I believe her. What intrigued me was that although she didn't have to, she actually wanted to. I can't think of anything I would rather not do than scrimp and save on food.

Just because you have to eat it three times a day, I guess you could count food one of life's grim necessities. The dinner table I suppose, can be used to teach abstinence. But why? If you've got the money and you're not on a diet, why turr eating into an exercise in self-denial? Why not serve what everybody likes instead of what's on special? As long as you have to eat meals anyway, why not make them a pleasure instead of a penance?

I probably work just as hard at spending money in the grocery store as Martha Randall does saving it. I didn't come by my extravagance naturally. I had to practice. To grab a Sara Lee and not faint when the clerk rings up the price takes training and discipline. The first time I passed up the hamburger tray and headed straight for the steaks, I had to go home and take an aspirin. It took not one but three broken fingernails before I ordered dinner-to-go from Kentucky Colonel. But all that is behind me. Now I pick out mushroom ceps in butter sauce without even pausing in front of cheap old stems and pieces. I actually get a lift out of snubbing such things as powdered milk and canned tomatoes.

One of the reasons I have developed this confidence is that I know I have my family solidity behind me. If I served them the kind of meals that Martha Randall serves hers, I am sure I would spend even less than she does, because nobody would eat. To understand why, you must meet by family. First, there's my husband, Charles Hines. Charles grew up in a household where meat, potatoes and vegetables were served for every meal - even breakfast. I think. He simply doesn't know how to eat any other kind of meal. Furthermore, only certain meats, potatoes and vegetables will do. The only vegetables he considers fit for consumption are corn, beans and peas. The potatoes have to be mashed or baked or they go back to the kitchen untouched. Anything that is mixed together simply undoes him. Gravies and sauces are acts of sabotage. How could I serve my Hamburger Gumption to a man like that? He would break out in a rash just looking at it! Besides, I adore him, so what he likes is what I cook. I wouldn't think of imposing my political or religious views on him, so why should I force my eating preferences down his throat?

Then there are our children - three freckled-faced peas-in-a-pod in assorted sizes: Greg, our fifteen-year-old mouth; Lesley, blond, quiet, twelve; and Jo Janna, our red-headed terror of the local kindergarten. Now, to carry off a \$100-a-month food budget it is necessary to develop the right kind of eating habits in your family. What that means, in unvarnished English, is making them eat what's on their plates. I have tried this approach and it works. In the early, lean years of our marriage our eating habits were quite different from what they are now. We ate our share of Hard-cooked-egg Hash and Tuna Meatballs in those days. But that was from necessity. By skimping on trips to Spain and taking advantage of every raise my husband earns, I've managed to get the family food budget up to a semi-extravagant level and we have all gone back to eating what we like best.

I'm not sure I actually spend \$430 on my food budget. To know that, I would have to keep an account, and that's another joyless job I don't intend to take up. I do have a budget, however. I spend my husband's paycheck, and when it is gone, I know I have reached the end of my budget. I stop spending. At least the outcome is predictable.

The last time I tried to foist an economy dish off on my children it was something called Saucy Franks. It met with the usual dissension in the ranks. I stood up to defend it. "You can't leave the table until that frankfurter is GONE!" I yelled at my son Greg. I kept him there until the frankfurter was GONE. Thirteen months later, when we were transferred to another town, the movers dismantled the table and out dropped one petrified Saucy Frank.

I deserved that. I don't believe in a clean-plate policy any more than Greg does. My children's likes and dislikes are part of their personalities, and my goal is not to shape their personalities into replicas of my own. Sure, if I had my druthers I should like them to be more experimental toward food. It would make cooking more fun for me. But kids are people, not objects for me to manipulate. They have to accept my judgment on so many more important matters - religious, moral and behavioral standards that Charles and I insist upon - it seems a bit much to force my personal preferences on them, too. Now and then I make little Jo Janna eat when she doesn't want to, because she is only five and needs help in making the right decisions. But Greg and Lesley are old enough to decide what does and does not go into their mouths.

Besides, I'm not running a refugee camp. If a family has to skimp, they have my admiration for figuring out clever ways to get by on less. But if they don't have to, what's the point? It's all so grim and mandatory. Like covering the furniture with transparent plastic slipcovers, or making everybody take off his shoes before he walks on the rug. That's elevating furniture and/or food to more importance than the people who use them. Things ought to be more fun than that.

Usually, however, my children don't say, "I don't want that." That's because I don't want it either, so we don't eat it. Take beets, for example. I have never known anyone who really likes beets. Or rutabagas. Is there any purpose in serving rutabagas other than to make everybody mad? About once every three years I fulfill my role as a mother by serving calves' liver - on a night my husband won't be home for dinner, of course. But heart, kidneys, tongue, sweetbreads? Yuk! There is absolutely nothing printable that can be done with chicken livers. I won't desecrate my table with the nasty little things. What my family likes is good, expensive food - not stuff that doesn't cost much because nobody really wants to eat it. And if what they like doesn't cover all the right vitamins and minerals, I don't worry. My family is basically very healthy, but I would rather give them a vitamin pill if I thought they needed it and let them eat what they want.

Letting them eat what they like does tend to eliminate the leftover problem. Either they eat everything up or they won't touch it, in which case I can forget about serving it again. Throwing bread crumbs or grated cheese over it to disguise it the second time around doesn't fool anybody. I find that our dog - a Lhasa Apso named Whiskers - is a good repository for leftovers. He likes them, they save money on dog food and I'm not stuck with a lot of little dubs and dabs to make soup out of.

Shopping in last-minute dashes to the supermarket also cuts down on leftovers. If you pick up the supper ingredients an hour before you serve them, it may indicate poor planning, but you know what you need. It's not that I don't believe in long-range planning. I have the utmost respect for women who make up their menus a week in advance. I just don't understand how they do it. How can I tell whether or not next week on Tuesday I'll want to eat pot roast? Maybe I'll develop a craving for ham. Maybe I'll break a fingernail and have to get dinner from Kentucky Colonel. Maybe Charles will have to work late and the children and I will decide to sneak a frozen dinner.

I also take the children shopping with me if they want to go. They have to eat what we get, so they might as well see where it comes from.

As we push the cart along, I point out why I buy certain brands (because I like them) and how to get the most value (pay for it).

I could probably cut my grocery bills in half if I cut out snack foods, as Martha Randall does. It's true that snack foods aren't cheap, nutritious or low in calories. Trouble is, we don't eat them for any of those reasons. We eat them because we're addicted to them. I, for example, am a soft-drink freak. I experience withdrawal symptoms if I don't get something fizzy every two hours. At my last checkup the doctor told me I am the only woman he knows who has carbonated blood. Potato chips, candy, crackers, nuts - they all have a comfortable place in our house. The children have the normal number of cavities; I sometimes go on crash diets; Charles is developing the usual spread around the middle. But there is something comforting on a cold winter's night about hearing the crunch, crunch, crunch of people gnawing on their snacks and knowing that it is not termites or mice.

You mustn't think I never economize. How could I afford to splurge on food if I didn't cut corners somewhere? I can't remember the last time I bought a dress that wasn't on sale. I love bargains and I have turned up some fabulous ones to furnish our house and wear on our backs. I will buy the things we need at regular prices if I have to, but for me the fun of shopping is finding great things marked down. My reasoning may not be everybody's - I'll wear an adorable dress marked down to half price, but I just don't want to eat things I don't like because they cost less than things I do like. If we like it and it's cheap, I buy it. I blush to admit it, after all my talk of extravagance, but my family won't eat butter - only margarine. For some reason, they like it better. In my Arkansas town, stores mark down meat that is three days old. You have to use it up promptly, but if you like your meat a bit aged, it's a bargain; I always buy it if I can find the cut I want.

In general, however, I don't save much on food. And where I save the least is on my desserts. I love desserts. There is something so marvelously abundant about them - all slathered over with shipped cream, filled with all sorts of goodies inside. My husband shows a little restraint in the dessert department, so I don't make as many as I would like to. When company comes is when I pull out all the stops. In my head, food and hospitality are inextricably mixed. Not just any old food. Fancy, special dishes and lots of them. My mother is the kind of woman who, when company comes, cooks as if for a crew of threshers. It is not unusual for her to serve two complete meals at one table - ham and candied sweet potatoes as well as another roast and all that goes with it. She is a superb cook. Her cobblers literally melt in your mouth. Her egg-custard pies would win a prize anywhere. She's the only woman I know who wore out a perfectly good stove by cooking it to death.

I'm no match for her in the kitchen, but I feel the same way she does about feeding guests. Something good to eat is my way of saying, "Glad you're here!" I am glad, because company gives me a chance to be creative in the kitchen. Maybe that's the real difference between people like me and people who like to spend as little as possible on food. I like food - fixing it, eating it and serving it. People who economize on food probably aren't particularly interested in it to begin with. There's a different system of values at work here, too. Some people like to deny themselves now to save up for future pleasures. Others, like me, think that the quality of everyday life is more important than two weeks in the south of France. If it came to a choice of hamburger casseroles and a trip to France or steaks and roasts and a visit to Grandma's, my family wouldn't have any trouble making a decision. In fact, we have it every day. We've never been to France and we may never get there, but we certainly spend a lot of money for food.

I FEED FIVE PEOPLE ON NO
MORE THAN \$125 A MONTH
by Jean Gaffin

My meal planning is very much a result of my religious philosophy. My husband and I are Bible-believing Christians; we believe in sin and salvation and in having a newly restored relationship with God through Christ, His Son. Our pattern of living is based on Scriptural principles.

This is a very personal thing with me. Every decision I make is within the framework of "Is this going to please God?"

We have to be stewards of the gifts He has given. I have to ask myself, "Is this the best way to spend God's money?" And if I have a talent - in this case for planning and budgeting - I have to ask myself, "Would it be right not to use it?"

I think it's good for women to plan and budget. I like to spend some time each week planning everything I'm going to do that week, including my meals and shopping. Then I wake up each morning and I have a plan. I don't have that empty feeling of "What am I going to do today?"

My days are really busy. I teach a Bible class of neighborhood women once a week, coedit the newspaper of the Christian Academy, which my children attend, once a month, give piano lessons to five students once a week. Then, I'm president of our church women's group, which tries to meet the various needs - food, fellowship and extra care - of the people within the church community. I also teach remedial reading once a week. So you can see, I like to do anything but stay home and clean. I have to think a lot about time and money. You have to balance them and think about what you should do with each.

A lot depends on whether you enjoy budgeting and thinking about money. If you don't, it may not be the best use of your time. I do. My favorite time of the month is the day I balance my budget. And even though I don't absolutely have to save money on food, I like to do it; for me, it's a good way of using God's gifts to good advantage. For instance, it helps us send our children to a Christian school. I spend no more than \$125 a month to feed a family of five and entertain freely. This also includes paper products and cleaning items. My husband teaches New Testament theology at Westminster Theological Seminary in Chestnut Hill, Pennsylvania. Many of the young men there are unmarried and away from home, so we like to have them over as often as we can. Hospitality is one of God's laws; we're to make strangers feel comfortable. The students usually come on Sunday afternoons. We often have friends over on Fridays and Saturdays. During the week I have friends in for coffee and often have women over for church reasons. I usually serve coffee and some sweet thing - maybe date bars. Most of our friends do too.

Since I like challenges, I've managed to keep up our entertaining and feed the family well for as little as \$96 in months when I've had a little extra time to spend.

How do I do it?

I don't have a freezer and I don't can or have game or a garden (though we have fond hopes), so most of my economizing is through brain-and-paperwork. There's only one way to do it: get out your paper and pencil. That's the whole secret of menu planning: put it down on paper and no flights of fancy.

Usually on Thursday I sit down and line up my meals for the week. I work out my menus in detail - breakfast, lunch and dinner. From my menus, I make a list. Then I get out the Wednesday paper and scour every ad for coupons for things I

need. There's one store that will not be undersold. Their food is not as good, so I don't buy meat and produce there. But I buy canned goods and everything else - and also any produce that look good. I take all the ads from the other stores to show them if they're being undersold. Last month I got \$5 in refunds that way. I also save coupons that come in the mail or with other purchases, and any I save, I use.

If I'm going to have company, I try to find a deal on a fresh-roast. I usually don't find one, so then I look for a beef brisket, or if the budget's really tight, I buy chicken.

I try to stick firmly to my list, but if there's a bargain sale on twenty pounds of potatoes or some other large item, I'll be sure to get that. I wait till cake mixes are on sale, then I stock up on them. They're great insurance for emergencies. Yellow cake mix, for instance, is a tremendous standby. If company comes unexpectedly, I make up two layers. I frost one with strawberry jam or whatever I have around, then put on some canned peaches, brown sugar, cinnamon and butter and stick it under the broiler. It tastes great, and I still have the other layer, which I stash in the freezing compartment for the next emergency.

The price of milk in Pennsylvania is fantastic - \$1.30 a gallon! - so we usually use only powdered milk. The secret is to have it nice and cold. If you can't tolerate straight dry milk, mix it half and half with real milk.

I try to stay away from convenience foods most of the time, but we do like macaroni and cheese mix and cake mixes and store-bought cookies. We buy very few frozen convenience foods - just pot pies to leave for the children when we're going out and once in a while a frozen dinner.

Spices justify a little extravagance. I don't mind spending 75¢ for a little jar of spice, since I know how much mileage I'll get out of it. Our kids like well-flavored food, and a little garlic or oregano or ginger can transform a dish. We use real ginger; we buy the root and keep it frozen. This takes a little extra trouble - you can't let it thaw, so you have to keep it in ice when you defrost the refrigerator - but it's worth it.

Another key to saving money on food is to use everything up. If you're serving celery sticks with cream cheese, plan to serve English muffins with cream cheese the same week. If you buy a wedge of sharp cheese, plan to use it for several salads and casseroles. We're big on Cheddar or Parmesan cheese and sour cream; it's a bit extravagant, but you can afford them if you put your mind to it and use up every scrap.

Salads are a staple for us - and an important part of my budget plan. What goes into a salad depends on what's in season and what's in the refrigerator. If lettuce is high, cabbage is great - cooked or raw. When we lived in Germany while Dick was getting his doctorate, cabbage was practically the only vegetable I recognized in the market, so I learned to use it forty thousand ways, from cabbage rolls to coleslaw.

We make tidbit salads from odds and ends - maybe some peaches, dates, a little bit of apple or banana. Dick's mother can invent salads you wouldn't believe, and his are fantastic, too.

You can save on jellied salads if you use unflavored gelatin instead of flavored. A very economical salad is gelatin and seasonings with chopped celery, carrots, green onion and some little bits of dill pickle.

I have to congratulate my kids on their economical taste in salad dressing. They like mayonnaise and catsup mixed together, and that's fine with me.

We don't eat dessert at family meals. It's one of my principles. It's more of a treat than a necessity. When we're entertaining, the meal is a celebration and dessert is appropriate, but not for everyday. When the kids do have dessert, it's fruit or leftovers from entertaining. I think this goes along with good eating habits, and it's economical.

When I plan a meal, I consider nutrition first. I make sure each meal has some protein, some vegetables and some kind of starch. We always have salad, which is good for a nutritious diet. We have eggs for breakfast three times a week. Also, in planning, I try to think about how the food will look. I try to have contrasting colors, different textures, and some hot and cold foods.

Most of my family menus center on the same proteins - tuna, ground beef, all-beef hot dogs and chicken.

Chicken's terrific! I get two chickens in a package at 29¢ a pound for about \$1.50. I freeze the breasts to use for Chinese cooking for company. I use the backs for soup and fry the dark meat. Leftovers - dark and white - are good for casseroles. So that's three meals in one package.

I like lots of variety in foods. It would be a bore to me to cook the same thing two weeks in a row. I'm always looking for new recipes. I scour the magazines, especially Woman's Day, and the Woman's Day Encyclopedia of Cookery, Betty Crocker's Cookbook, The Joy of Cooking and my Chinese cook books for something we haven't tried before.

My meal plans have to be a little flexible, because they have to expand for the friends Stevie and Rickie bring home. (They have friends for lunch or dinner and overnight often.)

With this money-saving business, a lot depends on your family. You have to have the right kind of husband. If he's a meat-and-potatoes man, you're in trouble. My husband was raised during hard times. His mother was very creative with almost nothing at all. He learned to like a variety of foods, which was good training for being married to me. I was raised the same way. I think it honors God to try everything He's put here. My husband isn't thrilled with fish, but he'll eat it if I put enough glop on it. (A cheese sauce or a lemon sauce will usually do the trick.) The only thing I've flunked with is liver; my family can't stand it.

Some men have an orgy at lunch, but Dick is good for the budget. He's watching his weight, so he usually just eats an orange and occasionally a sandwich.

I pack the boys' lunches. We save money on them and they aren't too thrilling. The boys usually have sandwiches - egg salad, tuna, American cheese, liverwurst, peanut-butter and jelly - and fruit, often bananas or raisins. Our sons don't put a premium on what they eat. But Steven wants to be like everyone else, so he needs a bag of something special. I stick in some corn chips or some chocolate-marshmallow cupcakes.

The secret with children is not to kow-tow to everything they want. Your kids get used to you. I think kids should learn to appreciate what's given to them, and my kids have learned pretty much to eat what's on the table. They don't even turn up their noses at most casseroles.

The boys like a snack after school. I usually give them fruit. If Richie is really hungry, he can make cinnamon toast, too. I economize on soft drinks by making a soft-drink mix and sticking in the tiniest bit of lemon-lime soda, the kind that comes in 16-ounce bottles for 10¢. It makes it taste like a real soft drink.

Entertaining doesn't have to be a big burden to one couple. It's fun to share it sometimes. We have a supper club with two other couples. We cook together once a month. Each time we choose a different country from the Woman's Day Encyclopedia of Cookery. One couple makes the appetizer; another, the main course; and another, the dessert.

Sometimes we have fondue parties with other friends. We divide up making the appetizer, the sauces and the dessert, and each couple brings its own meat. Most of our friends budget carefully too.

Then, too, I guess we're fortunate; we have the right kind of guests. Seminars are easy to please. Some of their favorite meals are inexpensive ones. They love a nice batch of spaghetti or lasagna with a tossed salad, or a simple meal based on a roast or a beef brisket.

In the summer we switch our whole plan to the outdoors. We barbecue quite often. For example, we marinate flank steak or London broil and grill it. It makes a nice meal for us and two guests for under \$3 for the meat. We cook baked potatoes with sour cream and corn on the cob and serve iced tea. You can make bachelors happy with that meal.

I believe in occasional splurges, but ours are modest - bacon, if you can call that an extravagance, and chip steaks for cheese-steak sandwiches. For these, I fry the steak quickly and place on a bun with melted cheese and onions. Chip steak is \$1.09 a pound at some stores, but cheese-steak sandwiches are worth it!

One of the philosophies we live by is that feasting is a part of life. A special time should be set aside for it - to thank God for the variety of what He's given us and the freedom to enjoy it. There are meals that we enjoy every day, but then there are special meals. I think Thanksgiving is a tremendously appropriate meal and we love celebrating it. On both Thanksgiving and Christmas we have the traditional turkey dinner, and we often have company. We try to invite students and others who are away from their families. Most of our friends do the same.

Chinese cooking is my secret weapon. Dick's father is a missionary in Taiwan. His mother has given us authentic menus and recipes and a beautiful set of Chinese dishes. We have a rice cooker and a steamer. But Chinese cooking doesn't really take special equipment. You don't need a wok - I just use an old frying pan. I have plain old knives and I use a large old piece of plywood as a chopping board. We don't use many special ingredients either. Once a year we make a trip downtown to the Chinese groceries to buy sesame oil and ginger. Now you can even buy them in regular groceries.

Chinese food is good for entertaining - you can feed eight people for \$6 - and it's also good for family meals when you use up the leftovers from fancy entertaining. If you have a little chicken and a little pork, you just chop them up with some vegetables, cook them lightly in sesame oil, add a little soy sauce and ginger and there you are. The only drawback is that it does take time. When we're having company, I spend two hours just chopping.

Chinese food is very sociable and dessert is simple. I usually end the meal with either sherbet and cookies or fruit soup. Fruit soup is fun: you just throw a lot of fruit - pineapple and bananas, for instance - into canned fruit juice, add some ginger and cook it until hot and spicy. It can be served hot, or cold with ice cubes.

I usually invite two or three other couples. I set the table with Chinese place mats, a centerpiece and candles in Oriental candle holders. Each place setting includes chopsticks, a Chinese soup spoon, a small plate under a Chinese soup bowl and a teacup.

Early in the day I chop and wrap everything that needs to be chopped and I make the salad relish. Sometimes I make almond cookies for the dessert.

About ten minutes before guests arrive I start the first-course soup. This I serve in the bowl. After this course, I need up to fifteen minutes to cook the main courses and my husband usually does this with me. However, the soup is filling enough to hold the guests. They are also pouring tea and sipping it while waiting. I once got too much pepper in the soup and the guests were gasping until the next course. The perfect cook I'm not. I do feel that company cares more about good fellowship than how much money was spent on the meal. This is not a matter of stinginess, but rather of a proper use of money.

I serve my main courses in Chinese serving bowls and also in covered silver vegetable dishes since they keep food hot. I have my rice nice and hot to serve with the main courses. For this I use my rice cooker and I usually start about the same time as I do the soup. An alternative is to measure $1\frac{1}{4}$ cups water with every cup of rice, bring to a rapid boil (salt, of course), lower heat (very low) and cook at least twenty minutes. This can sit a long time. Guests often just keep their soup bowls and place rice and other food right in the bowl. They sprinkle a

little soy sauce on food if they wish. Relishes are eaten with chopsticks right off the main plate. Teacups are constantly being filled. (Some people like ice water, but too much is not a good idea, since it is filling)

TYPICAL MENU

Pork-Watercress Soup or Won Ton Soup
Beef and Broccoli, Chinese Style
Sweet-Sour Shrimps or
Sweet-Sour Beef Balls
Diced Chicken with Almonds or
Pork with Bamboo Shoots
Pickled Cucumbers or
Sweet-Sour Radishes
Sherbet and Almond Cookies

PORK-WATERCRESS SOUP

1/2 pound lean pork
4 cups concentrated chicken bouillon
1 small onion, thinly sliced
1 celery stalk, thinly sliced
1 teaspoon salt
1/4 teaspoon pepper
1 cup firmly packed watercress, washed and sliced in 1" pieces

Cut pork in shreds and put in kettle with 4 cups water. Bring to boil and simmer 10 minutes. Add remaining ingredients except watercress, and simmer 10 minutes longer. Add cress and bring to boil. Makes 1½ quarts, or 4 servings. Note I sometimes substitute spinach for the watercress and I usually double the recipe.

WON TON SOUP

1/2 pound lean pork (chicken or shrimps can be substituted)
8 water chestnuts
3 green onions
2 teaspoons soy sauce
3 slices fresh gingerroot
1 teaspoon salt
Dash of pepper
1/2 teaspoon monosodium glutamate
Won Ton Noodles
4 cups chicken bouillon

Force pork, water chestnuts and 2 green onions through food chopper, using fine blade. Or put in chopping bowl and chop fine. Mix with remaining ingredients, except last 2. Put a noodle in front of you and one point facing you. Put 1 teaspoon filling on lower half of noodle and fold top half over, making a triangle. Moisten edges and press together, being sure no pocket of air is left inside. Cross the right and left points by bringing them together on the fold opposite the point facing you. Moisten and press together. Slice remaining green onion into bouillon in kettle. Bring to boil and drop in won tons. Simmer until dough and filling are cooked. Makes 4 servings.

HOW I FEED A FAMILY OF
7 FOR UNDER \$28 A WEEK
by Donna L. Balch

Many families are finding that what they spend on food these days is literally eating away the rest of the household budget. Food is the most flexible expense a family has, but - even with the currently spiraling prices - you needn't let it deprive you of a vacation, a new car, special schooling or whatever you're trying to save money for.

Our family (two adults, five children) eat nutritionally balanced meals for \$110 a month. We spend \$25 a week on groceries and add \$5 every other week to buy nonfat powdered milk. Our grocery budget also covers nonedibles such as floor wax, paper products, dish and laundry detergents, shampoo and deodorant, but doesn't pay for alcoholic beverages or cigarettes.

Once a month the entire family goes out to dinner, an expense that comes under entertainment, not food. For company dinners or unexpected guests (which we always have at least twice a month), I stockpile items like canned chicken, tuna fish or salmon, which can be made into scrumptious dinners with a little ingenuity.

I don't think you have to be a miser, a magician or even a home economist to maintain a stable, thrifty food budget. Long before I earned my degree in home economics two years ago, I enjoyed the challenge of providing high-quality, health-giving meals for my family while keeping the food bills low. All anyone really needs is the determination to be a smart shopper, and an alertness to nutritional values, supermarket sales techniques, price changes and new products.

PREPARE AND COMPARE - Meal planning has traditionally fallen on my shoulders, but now that the children (Ingrid, 13; Ginette, 12; Erin and Mark, 11; Darren, 9) are old enough to take a real interest in eating and cooking, they're learning to plan, too. Together we scan newspapers, brochures, magazines, our own and friends' cookbooks for recipes that bring variety and interest to our table. As a result, our meals are not boring; they're not the same day after day, week after week.

While we do search for variety, we don't make it a practice to use ingredients that are uncommon in our area and thus expensive. I don't mean we avoid them completely - we buy them on special occasions to give a taste treat and make us aware of the wide range of food in our world.

Our meals are planned once a week in conjunction with the supermarket sales advertised in the newspapers. Breakfasts, lunches, dinners and snacks are included, and the menus take into account food supplies and staples that we already have on hand.

My grocery list is organized according to the location of things within the store. This prevents backtracking and forgetting something, and also helps stop me from buying unnecessary goods like the impulse items placed in the aisles and at the check-out counters.

I shop competitively, perhaps at two or three supermarkets, to take advantage of the sales in each. (Of course, I do this only if the stores are reasonably close together - no point in running up the gasoline bill to save 10 cents on groceries.)

Most important of all, I make it a rule to know and compare prices. And today, the new policy of cost-per-unit pricing makes this so easy for the budget-conscious shopper! You don't have to spend precious time dividing and multiplying - it's all done for you. I heartily recommend taking advantage of this unit pricing, and that you tell your supermarket manager you use it. Customer feedback to the people who operate the food stores encourage them to keep these consumer aids around.

One consumer aid that I used to depend on just hasn't been around during the past six months. I'm referring to the advertisements for weekly beef sales. For the most part, beef sales are now limited to the most expensive cuts. But even the less tender cuts are way up in price per pound, as every shopper knows.

To beat the high beef prices and keep the grocery budget down, our family is now eating more chicken, fish, dried beans, eggs and liver. These items are excellent sources of protein and can be substituted for meat in the "Basic Four" food groups that are required for a nutritionally balanced daily diet.

I base my weekly menu planning on the Basic Four nutritional groups. Some home economists are beginning to argue that the Basic Four are outdated. They feel that people should be taught the individual nutrients and the foods they come from. But I think that when you're learning about healthful eating, it's far easier to remember four food groups and the required portions rather than a dozen or so different items and sources.

Free pamphlets giving further information on nutrients and the Basic Four are available from your local Agricultural Extension office or Land Grant College. For quick reference, here is a breakdown of the Basic Four:

FOOD GROUP	SERVINGS PER DAY
I. Meat	2 4-oz. servings (boneless portions)
II. Milk	4 cups for teenagers and under - 2 cups for adults
III. Fruits (one citrus) and Vegetables (dark green or dark yellow preferred)	2 servings of each
IV. Breads and Cereals (watch for enriched products)	2 servings of each

Next time that you shop, list the foods you buy opposite the group they belong in. If you occasionally check your buying this way, you'll be certain your family is getting what they need for body growth, general health and energy. Every woman I know would rather spend her money on food than on doctor bills and medication!

It's well worthwhile to get acquainted with your butcher. Introduce yourself and compliment him on what you like, or suggest changes in his display. For example, one of my pet peeves was not being able to find one-pound packages of hamburger in the meat case. Finally I asked if such packaging would be possible. It was, it's being done and the butcher tells me he's been thanked for the new packaging.

Don't forget to look for unadvertised specials in the meat case. Oftentimes, meat is repriced lower when it gets a bit older. No loss of nutrients here - in fact, aging tenderizes meat. Also, lunch meat may arrive at the store in slightly damaged packages; if it does, it must be rewrapped and marked down. Again, the savings are usually substantial.

As for baked goods, I make a point of asking clerks which days they are likely to put out day-old bread, often marked 10 cents less a loaf. Then I show up on the appointed day, buy enough bread for a week and freeze it.

In the cereal area, I don't allow either TV advertising or my children to influence me. The youngsters are permitted to select cereals only after comparing price per pound (often as high as \$1) and nutrients. We use cooked cereals quite a bit and leave the "dry" ones for Saturday mornings, when I like to sleep.

Bulk oatmeal is one place for large savings. The round cartons of oatmeal cost twice as much per pound as the five- or nine-pound packages, which are available in both the old-fashioned and the quick-cooking varieties. If five or nine pounds seem like a lot to use up, consider the many variations: cookies, meat loaves, dressing, crunchy toppings for casseroles and so on.

FRESH FRUITS AND VEGETABLES - Produce is often marked down because it will soon be at the point of spoiling. This provides an opportunity for some wonderful buys if you can use the fruit or vegetable promptly, or if you have a freezer (I've had one a year and don't know how I managed without it).

One not-well-known trick is that you can freeze whole bananas - so you needn't hesitate to buy them in quantity when they're near the overripe stage and priced low. Banana skin will blacken when frozen, but the inside is still great for cakes, breads, cookies and so forth. Or you can remove the peel before freezing, blend the fruit and then freeze it.

Another fact many shoppers seem unaware of is that canned mushrooms cost more than fresh ones. A lot of people think the reverse is true, but the canned variety - even the pieces and stems - are 50 percent more expensive! I like to cook with mushrooms, so when they're on sale, I buy extras and freeze them.

When oranges are in season, the cost is usually very reasonable, but it still pays to compare the price of the loose ones to the packaged fruit. When oranges aren't in season or the price is too high, switch to the frozen juice.

I always shop after eating. This leads to fewer temptations, especially in the area of snack foods. Snacks are a big item in the American diet and big in the line of cost. For the most part, we create our snacks at home with one thought in mind: They should have a nutritional value. (Of course, we don't worry so much at the special holidays. The old saying, "All work and no play..." applies also to eating. "All vitamins and no sweets make for a dull diet.")

Popcorn is a favorite snack in our house right now - the children wouldn't miss Friday night TV and popcorn. When we buy items like popcorn, rice, macaroni, spaghetti and so on, we always check to see which size package is the best buy in terms of cost-per-pound and enriched product. Obviously, a two-pound package of popcorn at 29¢ is a far better bargain than a pound for 18¢. We also save money by passing up "frills" such as preflavored popcorn and built-in popping pans. Instead, we get the popcorn salt-and-butter flavoring to add to melted margarine. Looks and tastes great and costs about 10 times less.

I try to avoid convenience foods that are high in price. Even though I work outside the home, I still take great pride in "from scratch" recipes. Convenience foods can be marvelous time-savers, but you must judge carefully whether the added convenience is worth the extra cost.

One recently introduced product I do like is imitation sour cream. In hot dishes like stroganoff and lasagne, you can't tell it from the real thing. Dips made with imitation sour cream are just as tasty - and about half the price for twice the amount! Use vegetables in season for dippers: Economical and nutritious.

All chain supermarkets have their own brands. Buying these products instead of name brands almost always results in savings. A general range of products to be found under supermarket brands are canned and frozen vegetables and fruits, sandwich spreads, oils and shortenings, paper products, tea and coffee, soft drinks, laundry products. In other words, almost everything!

Store-brand margarine, for example, is lower in price than shortening. Store-brand flour has no coupons or recipes, but it's enriched and lower in price. Our children use this flour to make a Basic Quick-Bread and Pancake Mix. Following our favorite cookbook recipe, they combine all the dry ingredients in large amounts. Then, when we want a batch of pancakes, we just add the eggs, oil and milk. (To avoid a big mess, the children mix and shake the dry ingredients in a paper sack.)

STRATAGEMS FOR BUDGETERS

Try it. Read and compare labels and contents. Try out various brands, as well as the various forms food comes in: fresh, canned, dried and so on. Find out if a lower price means lower quality - or is it an honest-to-goodness bargain? Often you'll find the quality is the same.

Plan it. When you're actually cooking, try to prepare only the amounts you know your family will eat. If you do fix extra, make it "planned over" instead of "leftover." When leftovers do accumulate, keep them in the front of the refrigerator where they're more likely to be eaten than forgotten.

Plant it. If you have any yard space to spare for growing vegetables, you'll be way ahead on savings when winter comes. I've had a vegetable garden in several of the places we've lived and always buy my seeds from our \$110 grocery budget. Not only does growing your own vegetables reward you in savings and taste, but you'll have a wonderfully smug feeling when you pass up the produce department in the supermarket.

Can it. If you're the least bit inclined to preserve foods, do so - especially if you have a garden. There's nothing like having homegrown food throughout the year!

Barter it. This is a fantastically neighborly way to save money. All you need do is nose around a little. Invite friends who have gardens to trade produce for, say, your own preserved foods. Or just ask your neighbors if they know where foodstuffs can be had for little or nothing. In our Yakima, Washington, area farmers will often let people into their orchards after the regular pickers are finished. By looking carefully, you can find lots of fruit still in the trees.

Clip it. Finally, when you're relaxing after shopping and cooking, scan the newspapers and magazines for discount coupons. Keep those that apply to products you usually buy and trade the others with friends.

Now, here are a few of the recipes that enable me to keep my family food bill under \$28 a week.

SWEET-SOUR CHICKEN

Bake at 400° for 1 hour.
Makes 8 servings.

- 1 4-pound chicken, cut in serving-size pieces
- 1 can (8½ ounces) crushed pineapple
- 2 tablespoons cornstarch
- ¾ cup sugar
- ½ cup soy sauce
- ½ cup vinegar
- 1 clove garlic, minced
- ½ teaspoon ground ginger
- ½ teaspoon pepper

1. Place chicken pieces, skin side down, in shallow 12-cup baking dish.
2. Drain pineapple, reserve 2 tablespoons of the juice.
3. Combine cornstarch, reserved pineapple juice, sugar, soy sauce, vinegar, garlic ginger and pepper in a large saucepan. Cook over medium heat, stirring constantly, until sauce thickens and bubbles. Pour over chicken.
4. Bake in hot oven (400°) 30 minutes, basting several times, turn chicken; spread with pineapple. Spoon sauce over all. Bake 30 minutes longer, or until chicken is tender.

SPICY MEAT LOAF

Bake 350° for 1 hour.
Bakes 8 servings (two loaves).

- | | |
|--------------------------------|-----------------------------------|
| 1 pound ground beef | 1 teaspoon salt |
| 1 pound bulk sausage | ½ teaspoon poultry seasoning |
| 1 small onion, chopped (½ cup) | ½ teaspoon dry mustard |
| 3 tablespoons chopped celery | 1/8 teaspoon pepper |
| 4 slices soft bread, cubed | 1 tablespoon Worcestershire sauce |
| 1 cup milk | ½ cup packaged bread crumbs |
| 2 eggs | |

1. Mix ground beef, sausage, onion, celery, bread cubes, milk, eggs, salt, poultry seasoning, dry mustard, pepper and Worcestershire sauce in a large bowl until well blended.
2. Shape half the mixture in a 9x5x3-inch loaf pan. Unmold onto a shallow, lightly-greased baking pan. Shape the remaining half the same way to make the second loaf. Sprinkle each with bread crumbs.
3. Bake in moderate oven (350°) 1 hour, or until richly brown.

BACON AND LIVER CASSEROLE

Bake at 350° for 25 minutes.
Makes 8 servings.

5 slices bacon, chopped
1 large onion, chopped (1 cup)
½ cup all-purpose flour
1 teaspoon salt
dash of pepper
2 pounds sliced beef liver
2½ cups milk
½ cup packaged bread crumbs
2 tablespoons margarine, melted

1. Combine bacon and onion in a large skillet. Cook until bacon is crisp and onion is tender. Remove with slotted spoon, reserving drippings in skillet.
2. Combine flour, salt and pepper; coat liver. Reserve remaining flour mixture.
3. Fry liver in reserved bacon drippings; cut into serving-size pieces. Place in 8-cup baking dish.
4. Blend reserved flour mixture with drippings in skillet; add milk. Cook over medium heat, stirring constantly, until sauce thickens and bubbles.
5. Pour sauce over liver, sprinkle with bacon and onion mixture. Combine bread crumbs with margarine; sprinkle evenly over casserole.
6. Bake in moderate oven (350°) for 25 minutes, or until sauce is bubbly.

HAMBURGER PORCUPINES

Makes 8 servings

2 pounds ground beef
1 cup uncooked regular rice
1 medium-size onion, chopped (½ cup)
2 teaspoons salt
1/8 teaspoon pepper
1/8 teaspoon leaf thyme, crumbled
1 egg
3 cups tomato juice
½ cup vegetable oil
1 envelope or teaspoon instant beef broth

1. Mix ground beef lightly with rice, onion, salt, pepper, thyme, egg and ½ cup of the tomato juice until well-blended; shape by heaping tablespoonfuls into 1-inch balls.
2. Brown half at a time, in oil in large skillet; remove with a slotted spoon; pour off excess oil.
3. Combine remaining tomato juice and instant beef broth in same skillet. Return meat balls; bring to boiling; lower heat; cover; simmer for 1 hour.

TOMATO SOUP DRESSING

Makes about 4 cups.

1 can condensed tomato soup
3/4 cup vinegar
1 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon pepper
1/2 cup sugar
1 teaspoon dry mustard
1 small onion, chopped (1/2 cup)
1 clove garlic, minced
1 1/2 cups vegetable oil

1. Combine soup, vinegar, salt, paprika, pepper, sugar, mustard, onion and garlic in container of electric blender; cover; whirl until smooth.
2. Set blender on lowest speed; add oil very slowly. Whirl a few seconds longer to blend thoroughly. Or, you may put all the ingredients in a large bowl; then beat with rotary beater until blended. Refrigerate.

CARROT TEA BREAD

Bake at 325° for 1 hour 20 minutes.
Makes one 9x5x3-inch loaf

3 eggs
1 1/2 cups sugar
3/4 cup vegetable oil
2 3/4 cups sifted all-purpose flour
1 3/4 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 1/2 teaspoons ground cinnamon
1 1/2 cups finely shredded carrots

1. Grease a 9x5x3-inch loaf pan. Line bottom with wax paper, grease.
2. Beat eggs, sugar and vegetable oil in large mixing bowl with a rotary beater until well blended.
3. Sift flour, baking powder, baking soda, salt and cinnamon onto wax paper; stir into egg mixture. Stir in carrots. Turn into prepared pan.
4. Bake in slow over (325°) 1 hour and 20 minutes, or until center springs back when lightly pressed with fingertip. Cool 10 minutes in pan on wire rack. Peel off wax paper. Cool completely. Sprinkle top with 10X (confectioner's) sugar, if you wish.

LESSON 3

CONCEPT: A thrifty shopper learns to buy the kinds and amounts of food the family will use without waste and makes a grocery list to avoid extra trips and avoid impulse buying.

SUB-CONCEPT: Meal planning helps to minimize food wastes.
3a

MATERIALS: Chalkboard and chalk or overhead projector
Felt marker for overhead

PROCEDURE: Review previous concepts.

Well, the women in these two stories certainly have different ideas about food, don't they?

Why did Jo spend such a relatively large amount of money to feed her family? (At this point you might want to make two columns on the chalkboard or on the overhead, whichever you prefer.)

Jo

1. Likes "good expensive food"
2. Family tastes
3. Not necessary to budget
4. Snob appeal?
5. Not really concerned with family's nutrition

Jean

1. Religious beliefs
2. Feeling of satisfaction from planning
3. Likes challenge of being thrifty, etc.

Why did Jean make a point of trying to save money on food?

O.K., I think it's pretty obvious to us why these two women spend such widely varying amounts of money on food.

What are some of these reasons?

- a) One has more money to spend - money is no object
- b) "Good expensive" food is important to one and "good nutritious" food is important to the other. The two families have different values.
- c) Each woman has a definite attitude toward budgeting and scrimping on the food budget.

What was Jo's attitude toward "planning meals"? What about Jean? What is your attitude toward planning meals? Would you side with Jo or Jean? Why?

It seems that the key word that keeps popping up is planning. It seems like such a lot of work--why would anyone bother?

Well, first, it would be nice if each of us had unlimited amounts of money to spend on food but usually it is not like that. Especially for young people, married and single, who find that their first pay check simply doesn't seem to stretch far enough to cover food, a car, housing, clothes and entertainment.

(Optional) If you, the teacher, have personal experiences about your first tries at "making ends meet", you might want to share them at this point. If not, have no fear, all is not lost!!!

Second, nutrition is or should be a concern of all Americans. The American population can be loosely characterized in general as a nation of overweight snackers. We're eating more but our diets, in general, seem to be getting worse.

So our problem at hand, then, seems to be how to spend moderate amounts of money on food and still get good nutrition.

That brings us to another interesting topic that we will discuss tomorrow -- "how much food do you need?"

**SUGGESTED
EXTRA**

ACTIVITIES:

Interview your mom, neighbor, other relative for their opinion on making definite meal plans for a period of time (week, 2 weeks, month). Do they feel their families are well fed?

LESSON 3b

CONCEPT: What's a serving?

MATERIALS: Copy of "How Much Do You Need To Eat?"

Various portions of food in recommended serving size. (From "The World of Food", Medred) For example: (the more the merrier!)

- | | |
|--------------------------------|---|
| 1. 1 cup milk | 11. ground meat patty (cooked) - 3 oz. |
| 2. tuna - 3 oz. | compare to mayonnaise jar lid - |
| 3. cooked oatmeal - 2/3C | patty is level with top |
| 4. cooked spaghetti - 1/2C | 12. bacon - 2 strips |
| 5. puffed dry cereal - 1C | 13. canned or frozen green beans - 1/2C |
| 6. saltine crackers - 4 | (or most any vegetable) |
| 7. canned apricots - 2-3 | 14. lima beans - 1/3C |
| 8. frozen blueberries - 1/2C | 15. mashed potatoes - 1/2C |
| 9. orange juice - 1/2C | 16. jello - 1/2C |
| 10. sliced strawberries - 1/2C | 17. peanut butter 1/2C |
| | 18. bread - 3 slices |
| | 19. dairy council food model of ice cream serving |

PROCEDURE: *The basic 4 food groups recommend 4 servings of dairy products, 2 servings of meat, 4 servings of fruit and vegetables, 4 servings of bread and cereal each day for good health. All calorie charts go by calories per serving.*

1. How much is a serving of food? Discuss.
2. *Let's get specific - how much is a serving of say orange juice?* Wait for answers - then show a real serving.
3. Proceed down through foods - pointing out perhaps the more surprising items - spaghetti, rice and the meat patty.
- 3 1/2. Don't explain what you are doing but say: *Now let's do a little shifting around.*
4. Then go through and organize the foods into 3 meals - breakfast, lunch, dinner (when complete label the meals with a sign).

Example: 1/2 c. orange juice
1 c. puffed dry cereal - 1/2 c. milk
1 slice toast
1 cup milk

3 oz. tuna or 1/4 c. peanut butter
2 slices bread
1/2 c. raw or cooked vegetable
1 c. milk
apple

3 oz. beef patty
1/2 c. mashed potatoes
1/2 c. green beans
1 c. milk
1/2 c. ice cream (food model)

5. *This is all the food you need in one day to be healthy. What is your reaction? Is this more or less than you now eat? Is it the kind of food you eat? Discuss. What would cause this amount of food to vary between you and your mother? You and your teenage brother?*

EVALUATIVE
ACTIVITY:

Do in class if time!

1. In 5-10 minutes write your reaction to today's lesson - "What's a Serving?"
2. Sara is 16 - tall, slim and hoping to stay that way. She says about the Basic 4 food groups - "If I'd eat all that I'd weigh a ton!" What argument would you give Sara against her statement.
3. Give an argument for serving more than the recommended amount of any one food to your family.
4. Give an argument for not serving more than the recommended amount of any one food to your family.

SUGGESTED
EXTRA

ACTIVITIES:

1. Make running notes for 2 days of the quantities of food served in your home, school, at work or wherever you happen to eat. Without paying too much attention to the quality of the food, analyze the quantities you are eating. Are you eating too much food? Too much of a certain kind of food? What problems might this create as you grow older? Are you eating too little food? Write a short report on your findings. If you are unhappy with your findings what resolutions might you make to yourself for improvement?

LESSON 3c

CONCEPT: How much to buy.

MATERIALS: "How Much Are You Getting When You Buy?"
How to be a Better Shopper - booklet (one per student)
Acetate transparency of menu and market order

PROCEDURE: Review previous concepts - especially any other comments from previous lesson.

Now we can get down to the practical aspects of planning how much food to buy for the family.

We've already had some practice in planning menus and we know that menus depend on what the family likes, number of people in the family and their ages and number of other factors. No matter how lovely your menus sound on paper, that aspect of planning is lost unless you can translate the menus into correct amounts to buy. The fewer trips one makes to the grocery store the lower food costs can be maintained so it's wise to try to plan meals at least a week in advance and try to shop once a week. (Except perhaps for fresh vegetables and fruits and milk).

Many charts are available to help the food shopper know how much food to buy. I'm going to give you each a chart to keep for reference throughout this unit and later for use in your own home, and also a booklet called "How to be a Better Shopper", which has a list of common can and jar sizes.

Distribute the two references - discuss how to use or student may really be "lost".

Let's go back to the idea of translating a menu into "how much to buy". Let's get some practice with this menu. (on transparency. Need felt marker) Using tables, go through menu and translate into amounts to buy.

Do you see how this is done? Again, it seems like lots of work but if you keep your goals of maximum nutrition with minimum waste to result in moderate food costs, it can be both challenging and fun!

For tomorrow: We'll need as many copies of the Seattle Times Women's section from Wednesday as possible. Call each other tonight to remind yourself to bring this section to class tomorrow.

**EVALUATIVE
ACTIVITY:**

Write a brief report on the following:
Observe for 3 days in your home or friend's homes. At the end of the meal is there food left over? What is done with leftovers in your home? When you or your mother/father are planning meals do you plan for "just enough" food or more than you think the family will eat? Why?

**SUGGESTED
EXTRA**

ACTIVITIES:

Interview mother or neighbor for opinions on making definite meal plans.
Do they feel their families are well fed?

Make a running staple food list for your home. Put it on refrigerator
or bulletin board where you can quickly make note of food items as you
run out.

AGRICULTURAL EXTENSION SERVICE
WASHINGTON STATE UNIVERSITY
PULLMAN, WASHINGTON 99163

Extension work in agriculture and home economics in cooperation with U.S. Department of Agriculture

April, 1964

E.M. 542
(Revised)

HOW MUCH ARE YOU GETTING WHEN YOU BUY

Foods	Weights and Measures	Approximate servings, slices, or measures of prepared or preserved food.
<u>Dairy Products</u>		
Butter, Shortening	1#	2 Cups
Cheese, Cheddar	1#	4 cups grated
Cottage	1#	2-1/4 cups
Philadelphia cream	3 oz.	1/3 cup
Cream, Coffee	1 cup	8 servings
Whipping	1 cup	2 cups whipped
Milk, evaporated	6 oz. can	2/3 cup
Nonfat, dry powder	3 oz.	3/4 cup plus 4 cups water = 1 qt. milk
Eggs, whole medium	5-6	1 cup
White	8-11	1 cup
Yolks	12-14	1 cup
Dried, whole	6 oz.	2 cups sifted plus 2 cups water = about dozen large eggs
<u>Fruit, fresh</u>		
Apples	1#	3 cups diced or sliced or 2 cups frozen
Apples	2-1/2 to 3#	1 quart canned
Bananas (sliced)	1#	3 to 4 medium
Berries (except strawberries)	5-8 cups	1 quart canned
Cranberries	1#	3 to 3-1/2 cups sauce
Cherries (as picked)	6-8 cups	1 quart canned
Dried currants, apricots, raisins	1#	3-1/4 cups (makes 5 cups cooked)
Grapes	2-1/2 to 3#	1 quart canned
Lemons	1 medium	3 tablespoons juice
Oranges	1 medium	1/3 cup juice
Peaches or Pears	1#	4 medium
Peaches or Pears	2-1/2 to 3#	1 quart canned
Plums	1-1/2 to 2#	1 quart canned
Raisins	1#	3-1/4 cups
Strawberries	6-8 cups	1 quart canned
<u>Vegetables, fresh</u>		
Asparagus	5 or 6 stalks	1 serving
Asparagus	1#	3 or 4 servings
Asparagus	1# 10 oz.	12 oz. frozen
Beans, green	14 oz.	10 oz. frozen
Beans, green	1-1/2 to 2#	1 quart canned
Beans, green	1#	5 or 6 servings, cooked
Beets (without tops)	1#	4 servings
Beets (without tops)	2-1/2 to 3#	1 quart canned
Broccoli	1#	3 or 4 servings
Broccoli	1# 6 oz.	10 oz. frozen
Cabbage	1#	5 servings cooked

Carrots	1#	4 servings, cooked
Carrots	2-1/2 to 3#	1 quart canned
Cauliflower	Medium Head	10 oz. frozen
Corn	3# or 6 ears	12-14 oz. frozen, cut
Lima Beans, green in pod	1#	2 servings, cooked
Lima Beans, green in pod	2#	12 oz. frozen
Onions	1 medium	1/2 cup, minced
Peas, pod	2 to 2-1/2#	2 cups or 4 servings
Peas, pod	2 to 2-1/2#	1 pint canned or 12 oz. frozen
Potatoes	1#	3 md. or 2-1/3 cup diced, fresh
Spinach, Other Greens	1#	2-4 medium servings
Spinach, Other Greens	2 to 3#	12 oz. frozen
Spinach, Other Greens	1 gal.	1/2 pint canned or frozen
Tomatoes	1#	4 small or 3 medium
Tomatoes	2-1/2 to 3#	1 quart, canned
Beans, dry limas or navy	1#	2-1/3 cups
Peas, dry split	1#	2-1/4 cups

Bread, Cereals, Etc.

Flour, all purpose	1#	4 cups, sifted
cake	1#	4-3/4 cups, sifted
Bread, loaf	1#	12 to 16 slices - 1/2" each
Macaroni	1#	4-1/2 cup raw - 9 cups cooked
Rice, white	1#	2-1/3 cups - 6 cups cooked
Spaghetti	1#	4-3/4 cups or 2-1/2 quarts
Crackers, graham	1#	58 crackers
Crackers, soda	12 oz.	70 to 90 crackers
Cream of Wheat, raw	1#	2-2/3 cups
Tapioca, minute	1#	3 cups or 1 oz. = 3T.
Tapioca, pearl	1#	2-3/4 cups
Noodles, raw, dry	1#	6 cups or makes 2-1/4 quarts
Oats, rolled, raw (quick)	1#	5-2/3 cups or 1 cup makes 1-3/4 cups
Corn Meal, uncooked	1#	3 cups
Corn Flakes	18 oz.	16 to 20 cups

Meats

Bacon, sliced	1#	18-20 slices
Frankfurters	1#	9
Fresh Pork Sausages	1#	15 small
Meat with no bone	1#	4 servings of 4 oz. each
Meat with little bone		
Chuck, cutlets, round	1#	3-4 servings
Meat with medium bone		
Leg, shoulders, ham,		
steaks, pot roasts	1#	2-3 servings
Meat with much bone		
Spare ribs, shank,		
Plate, breast, short ribs	1#	1-2 servings
Beef	750# animal	325# meat
Lamb	90# animal	35# meat
Pork	225# animal	130# pork
Veal	200# animal	90# veal

Poultry

Broiler	2-1/2#	2-4 servings
Chicken	4#	3-1/2 to 4 cups diced, cooked

Fryer	2-1/2 to 3-1/2#	3-4 servings
Roaster	4#	6-8 servings
Turkey	20#	45-60 servings

Nuts and Fats

Lard	1#	2 cups
Mayonnaise	1#	2 cups
Salad Dressing, cooked	1#	2 cups
Almonds, in shell	1#	1 to 1-3/4 cups meats
Pecans, in shell	1#	2-1/4 cups meats or 8 oz.
Walnuts, in shell	1#	1-2/3 cups chopped
Peanut Butter	1#	2 cups
Salad oil	1#	2-1/8 cups
Nut Meats	1#	3 cups

Sea Food

Salmon, canned	7-3/4 oz.	1 cup flaked
Salmon, canned	1#	2 cups flaked
Shrimp, canned	7 oz.	1 to 1-1/4 cups
Shrimp, fresh	1#	1-1/3 cups shelled and cooked
Tuna, canned	6-1/2 to 7 oz.	1 cup flaked
Cod or Haddock	3# whole	1# frozen
Flounder	4# whole	1# frozen
Perch	5# whole	1# frozen

Staples and Spices

Baking Powder	1 oz.	2-1/2 T.
Chocolate	1#	16 squares
Cocoa	1#	4 cups
Coffee, pulverized	1#	5-1/3 cups
Corn syrup	1-1/2#	2 cups
Cornstarch	1 oz.	3 T.
Cinnamon, ground	1 oz.	about 4 T. or 1/12 oz. = 1 tsp.
Cloves, ground	1 oz.	about 4 T.
Mustard	1 oz.	about 5 T.
Nutmeg	1 oz.	about 3-1/2 T.
Paprika	1 oz.	about 3-1/2 T.
Pepper	1 oz.	about 4-1/2 T.
Sugar, brown	1#	2-1/4 cups (packed)
powdered, sifted	1#	3-1/2 cups
granulated	1#	2-1/4 cups
Salt	1 oz.	1-1/2 T.
Soda	1 oz.	2 T.
Tea	1#	6-1/3 cups
Vanilla	1/2 oz.	1 T.
Molasses	1#	1-1/3 cups
Gelatin, granulated	1 oz.	4 T.
Honey	10 oz.	1-1/3 cup
Marshmallows (1-1/4 in.)	1 lb.	80

MENU

Swiss Steak - Gravy
Potatoes Boiled in Jackets
Green Beans
Raw Vegetable Relishes
(Celery, Carrots, Peppers)
Bread - Margarine
Sliced Peaches

Recipe for Swiss Steak
(for 4)

Includes:

 # round steak
4-oz. can mushroom
pieces and stems
1 large onion
10-1/2 oz. can tomato soup
Staples on hand

MARKET ORDER

1. Milk, cheese, ice cream
2. Meat, poultry, fish
3. Eggs
4. Dry beans, nuts, peas
5. Flour, cereal, baked goods
6. Citrus fruits, tomatoes
7. Dark green and deep yellow fruits and vegetables
8. Potatoes
9. Other fruits and vegetables
10. Fats and oils
11. Sugar, syrup, and preserves

4 oz. mushroom stems and pieces
1 large onion
Green beans - #303
Celery - 1 bunch
Peaches, sliced #303
Margarine

1-1/2 round steak - 1" thick
Bread - 4 slices
10% oz. tomato soup
Carrots - #4
Green peppers - 1
4 boiling potatoes

LESSON 3d

- CONCEPT:** Determining cost per serving
- MATERIALS:** Poster - "A Smart Homemaker Buys..." S & H Consumer Relations
Small food scale
apple, can of applesauce, dried apples (pkg.)
can of mushrooms, fresh mushrooms (only if you'll use them)
box of ready-to-eat cereal, box of cereal that needs cooking
- PROCEDURE:** Written on chalkboard -- "A good way to save money is to compare the cost of a serving of food sold in different forms and to buy the cheapest."

No doubt you are struggling with your menus and wondering, "Is it really worth it?" Again, only if you have other goals you are determined to reach and are willing to learn smart food shopping skills.

Let's explore this idea for a few minutes today. Have this written on board or overhead transparency, whichever you prefer:

A GOOD WAY TO SAVE MONEY IS TO COMPARE THE COST OF A SERVING OF FOOD SOLD IN DIFFERENT FORMS AND TO BUY THE CHEAPEST.

Apples are a common food that almost everyone enjoys. Right now apples are _____ a pound. A medium sized apple weighs about _____ ounces. (Have a small scale to weigh apple.)

That would make each apple cost about how much? One serving of applesauce, depending on what quantity was purchased would cost anywhere from _____¢ to _____¢ per serving, using the standard $\frac{1}{4}$ cup as a serving. Dried apples are more difficult to understand as far as the concept of one serving. You would have to read the information on the package to determine how many servings you can make from the package. This particular package makes _____ servings and the cost per serving would be _____¢.

Are you beginning to see the differences in cost per servings? Another product that some of us consider essential to life, but that is generally considered a luxury is mushrooms. There are three common forms:

*Canned - pieces, stems, and whole
Fresh
Freeze-dried*

List prices next to item (mushrooms above)

Perhaps the easiest way to compare here is to note price per pound, since there probably is no such thing as a standard serving of mushrooms. Does it surprise you that fresh mushrooms are cheaper than canned?

The most intriguing of all, in my opinion, is breakfast cereals. Basically, they come in two forms: ready-to-eat (cold cereal) and the kind you have to cook.

Have you ever checked the price of cold cereal? Most are as expensive as meat per pound. Give examples as you show different boxes of cereals. One ounce is usually considered a normal serving (both cooked and dry) so let's look at the cost difference here:

*1 ounce ready to eat _____
1 ounce of kind you cook _____*

Give students number of ounces in box and cost of box and let them calculate these figures.

Remember, these cheaper forms are ONLY bargains if your family will eat them. Wasted food is expensive.

In your final project for this unit determining cost per serving may be a real help to you.

**EVALUATIVE
ACTIVITY:**

Using any five food items at home determine the cost per serving of each.

**SUGGESTED
EXTRA
ACTIVITIES:**

Research unit pricing - how did it come about, where is it in effect, how does it help the food shopper.

LESSON 3e

- CONCEPT:** A grocery list helps the food manager avoid extra trips and impulse buying.
- MATERIALS:** "How to be a Better Shopper" (previously given to students)
Seattle Times Wednesday Woman's Section
U.S.D.A. Smart Shopping Tips packet (selected months)
"How Much are you Getting When you Buy" (previously given to students)
Women's magazines
Compiled student price list of foods
- PROCEDURE:** *Using the newspaper to check for "best buys," plan one week's menus (21 meals and snacks) for a family of 4 with school children. Estimate costs as you go. Try to use foods that are "on special", especially meats. Plan foods that you would eat. Plan first to meet the family's nutritional needs and then plan for extras. Remember, you are striving for minimum waste. Review U.S.D.A. "Smart Shopping Tips" encouraging students to use the information included.*
- EVALUATIVE
ACTIVITY** Ditto of the following page.
Do on scratch paper first.
- SUGGESTED
EXTRA
ACTIVITY:** If your mother is willing, carry out your shopping list and meal plans.
Evaluate your success.

Play: "Checkstand - A Food Buying Game" available for \$1.50 from
Extension Service, Pullman. (Included in Pak)

ASSIGNMENT NO. 2

WEEK'S MENUS

	M	T	W	TH	F
B					
L					
D					
SNACKS					
43					44

MARKET ORDER

1. Milk
Cheese
Ice Cream
2. Meat
Poultry
Fish
3. Eggs
4. Dry beans
Peas
Nuts
5. Flour
Cereals
Baked goods
6. Citrus fruits
Tomatoes
(Remember 1 serving a day here!)
7. Dark green vegetables
Dark yellow vegetables
(At least a serving every other day)
8. Potatoes
9. Other vegetables and fruits
10. Fats and oils
11. Sugar
Syrup
Preserves

List specific amounts and find common size of can or jar you will have to buy.
Estimate cost of each food.

After each food on the Market Order list the approximate price. Add up your food total. How do your shopping costs differ with these current U.S.D.A. figures?

Family of 4, school children:

Low cost plan - - - - -	\$32.60
Moderate cost plan - - - - -	41.70
Liberal cost plan - - - - -	51.40

Why might there be wide variations in your costs as compared to this chart?

Smart Shopping Tips

PLAN AT HOME

- This is where good buying begins.
- Jot down foods you plan to serve,
Use the Food Guide as you do your planning.
- List staples you need, as supplies get low.

MAKE A SHOPPING LIST

Make decisions before you start your shopping trip.

As you plan, keep in mind—

- what you have
- what you need
- how the item will be used
- what size, color, quantity, quality, you want
- the price
- the advertised food specials.

SHOP SMART Smart shoppers buy the needed things first, then add the extras.



AT THE STORE

- Look for the **MARK OF PLENTY** 
- Shop for best buys--read the label, compare quality and price.
- Check weights of fresh produce.
- Check sales slips, count your change.
- Look for USDA grade shield for quality assurance --especially on meat, eggs and poultry.



SMART SHOPPER

U.S. DEPARTMENT OF AGRICULTURE
AGRICULTURAL MARKETING SERVICE
WASHINGTON, D.C. 20250



SMART SHOPPING FOR MEAT

YOUR FOOD MONEY



The meat, poultry, and fish items in meals usually cost the most. In fact, the latest national food consumption survey by the USDA shows that more than one-third of the money U.S. families spend for food goes for this group of foods. But the range in costs of different types and cuts of meats is great, so careful selection can result in worthwhile savings.

To take advantage of the best buys at the meat counter, you need to be aware of the many cuts of meat available and know how to use them in family meals. Keep in mind that the economy of a cut depends on the amount of cooked lean

meat it provides as well as its price per pound.

Often the cut with a low price per pound is not the best buy in food value or in servings of meat provided. It is the amount of cooked lean meat, or the number of servings, for the price that matters. For example, a relatively high-priced meat with little or no waste may be more economical than a low-priced cut with a great deal of bone, gristle, or fat.

Equal-size servings of cooked lean from different types and cuts of meats provide similar food value. Generally, cooked lean from pot roast is as nutritious as that from steak; turkey as nutritious as veal; fish as nutritious as lean lamb. Servings of liver and other variety meats give a bonus of food value.

SMART SHOPPING TIPS

○ Select from the cuts and types of meat, poultry, and fish that provide the most cooked lean for the money spent. Learn to prepare them properly, and in a variety of ways.



○ Look for the USDA grades on the beef you buy. USDA Prime, USDA Choice, and USDA Good are the grades most often found in retail markets. Compared to Choice, similar cuts of Good Grade beef contain more lean and usually cost less per serving, but they are not quite as juicy and flavorful.

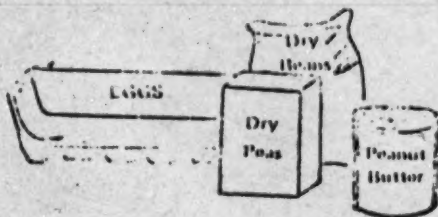


○ Check the "specials." At special prices you may be able to afford some cuts that are usually beyond your budget.

○ Use small servings of meat, poultry, and fish and rely on more economical foods--potatoes, rice, macaroni products, and breads--to fill in meals. Try to use at least one serving of meat, poultry, or fish daily along with amounts of eggs, dry beans, dry peas, and peanut butter to make up servings suggested in the Daily Food Guide.

○ Get all the flavor and food value from a piece of meat by using leftover meat in casseroles, salads, sandwiches, and as flavoring for cooked vegetables. Cook meat bones with beans or soup. Use drippings in gravies and sauces. Store leftover meat, broth, and gravies properly: Cool and store promptly, well covered in the refrigerator. Use within 1 to 3 days.

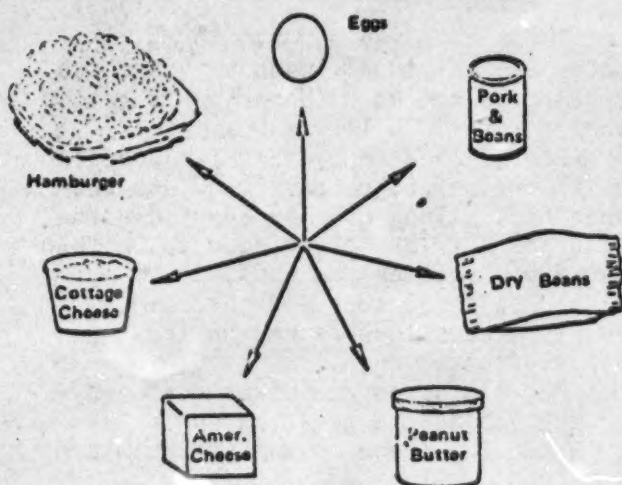
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SMART SHOPPING FOR MEAT ALTERNATES

For low cost and variety in meals, use eggs, dry beans, dry peas, and peanut butter in place of meat some of the time. These foods provide protein and other nutrients that meat supplies.

These meat alternates are usually as good or better buys than the less expensive cuts and kinds of meats. Cottage, Swiss, and American cheese are also economical foods that provide many of the nutrients found in meat. Watch for new ways to prepare foods in this group--they can save you money.



Here are costs for amounts of hamburger and meat alternates (including cheese) that give similar amounts of protein:

Food	Amount ready-to-eat	Amount purchased	Cost of serving ¹
Hamburger . .	2 oz.	1/6 lb.	\$.12
Eggs	2	2	.09
Pork and beans	1 cup	1/2 (1 lb. can)	.07
Dry beans . .	1 cup	3 oz. (dry)	.04
Peanut butter .	4 tbsps.	2 oz.	.07
American cheese,			
processed . .	2 slices	1/4 (8 oz. pkg.)	.12
	2 oz.	1/16 (2 lb. pkg.)	.12
Cottage cheese.	1/2 cup	1/8 (2 lb. carton)	.08

¹ Costs based on prices in Washington, D.C., supermarkets, August 1972.



Egg prices vary by size and grade. Sizes most often found in stores are small, medium, large and extra large. By the dozen, large sizes usually cost more than smaller sizes of the same grade. By weight, this is not always the case.

7¢

Generally speaking, if there is less than a 7-cent price difference per dozen eggs between one size and the next smaller size, you get more egg, by weight, for your money by buying the larger size.

The three consumer grades for eggs are U.S. Grade AA, A, and B.

The higher quality eggs (AA and A) are ideal for all purposes, but are especially good for frying and poaching --where appearance is important.

Grade B eggs, which are less expensive, are good for general cooking and baking, where appearance is not important.



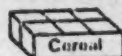
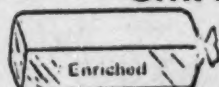
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SMART SHOPPING FOR BREADS & CEREALS

Most breads and cereals are well liked, inexpensive, and easily fitted into meal plans. Many cost only pennies per serving. Even so, these foods, particularly those that are whole-grain or enriched, provide worthwhile amounts of vitamins and minerals, as well as food energy.

The latest national food consumption survey showed that only 12 cents of every food dollar went for flour, cereals, and bakery products. At the same time, however, these foods supplied 40 percent of the thiamin (one of the B vitamins), 30 percent of the iron, 20 percent of the protein and riboflavin (another B vitamin), and more than 15 percent of the calcium in diets.



OR



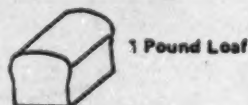
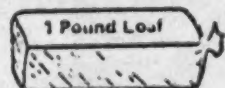
SMART SHOPPING TIPS

Whole-grain or enriched products are notably more nutritious than unenriched products. Most white bread is enriched. But speciality breads, such as French, Italian, and raisin, and many other bakery products often are not enriched. Check the wrapper or ask the baker to be sure.

A case in point: It takes three pounds of unenriched bread, costing more than \$1, to give the amount of thiamin that is contained in one pound of enriched bread, costing 20 cents, or one pound of whole wheat bread, costing 35 cents.

Spaghetti, macaroni, and noodles in packages marked "enriched" are more nutritious and usually cost no more than unenriched ones.

Parboiled or enriched rice is more nutritious than white milled rice. It costs a little more, but the extra food value it provides is well worth the extra cost.



A large loaf of bread does not always weigh more or contain more food value than a small loaf. Compare prices of equal weights of bread to find the better buy. The weight is shown on the wrapper.

Ready-to-serve cereals in multi-packs of individual boxes may cost two or three times as much per ounce as the same cereal in a larger box.

Pre-sugared ready-to-serve cereals cost more per ounce than many unsweetened ones. They usually furnish more calories but less other food value than those you sweeten yourself.

Cereals you cook yourself are nearly always less expensive than the ready-prepared ones.

Day-old bread and baked goods may be available at a great saving. Ask or watch for these in the stores where you shop.



Baked goods made at home often cost less than ready-baked products. When made at home with enriched flour they are probably more nutritious, too. Compare the cost of the ingredients for one of your favorite recipes with the price of an equal amount of a similar bakery product that your family enjoys. Then decide if it is worthwhile to make your own.

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SMART SHOPPING FOR FRUITS & VEGETABLES

The search for the best buy in vegetables and fruits extends to several departments of the store, including the fresh produce, canned goods, frozen foods, and dehydrated food sections.

Prices of fresh vegetables and fruits are influenced by season and supply. Prices of canned, frozen, and dehydrated vegetables and fruits vary widely by item, brand, grade, type of process, and seasoning.

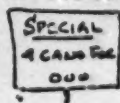
SMART SHOPPING TIPS

○ Limit purchases of perishable foods--even at bargain prices--to amounts that can be used while they are still good.

○ Learn to spot good-quality, not just good-looking fresh produce.



○ Take advantage of seasonal abundance. Radio, television, and newspapers announce foods in plentiful supply, as determined each month by the U.S. Department of Agriculture. These foods will be at their peak in quality and often are low in cost.



○ Watch for specials on canned and frozen products your family likes. Stock up on good buys if you can store them properly.



OR



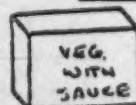
○ Try lower priced brands. You may like them as well as more expensive ones. Chain store and less advertised brands may be similar in quality to widely known products, yet cost less.

○ Be ready to substitute one vegetable for another, one fruit for another--if it means a saving and your family will accept the change.

○ Check different forms of a food--fresh, canned, dehydrated, frozen--to see which is the best buy.

Check for grades on canned fruits and vegetables: U.S. Grade A (Fancy); U.S. Grade B (Choice for fruits or Extra Standard for vegetables); and U.S. Grade C (Standard). Grades are based on color, texture, flavor, shape, uniformity of size, and freedom from defects. Try the thrifty grade B or C when shape, uniformity of size, or color are not as important. If the product is not grade labeled, the price is usually an indication of quality. A can of top quality green beans, for example, will cost 5¢ to 10¢ more than the same size can and same style of Grade B green beans and Grade C green beans will cost less than Grade B.

Check the style. Regardless of quality, whole fruits and vegetables generally cost more than cut styles. Whole asparagus spears, for example, will cost more than asparagus cuts and peach halves will cost more than peach slices--even if the cuts are just as high quality as the larger pieces. In addition, fancy-cut vegetables, such as julienne carrots, usually cost more than other cut styles.



OR



○ Season and prepare sauces for frozen vegetables yourself if you have the time. Frozen vegetables with sauce or butter added or boil-in-the-bag vegetables are usually expensive compared to plain frozen vegetables.

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TIP

THE COST OF MEATS AND MEAT ALTERNATES

Cost of 20 grams of protein from specified meats and
meat alternates at March 1973 prices

Food	Market unit	Price per market unit ^{1/}	Part of market unit to give 20 grams of protein ^{2/}	Cost of 20 grams of protein
Dry beans	lb.	\$.26	.24	\$.06
Peanut butter	12 oz.	.51	.23	.12
Eggs, large	dozen	.66	.26	.17
Bean soup, canned	11 1/2 oz.	.17	.96	.17
Milk, whole fluid	1/2 gal.	.62	.29	.18 ^{3/}
Turkey, ready-to-cook	lb.	.59	.35	.21
Sardines, canned	4 oz.	.23	.94	.21
Tuna fish, canned	6 1/2 oz.	.47	.44	.21
Chicken, whole, ready-to-cook	lb.	.60	.37	.22
Hamburger	lb.	.91	.24	.22
Beef liver	lb.	.90	.24	.22
American process cheese	8 oz.	.57	.38	.22
Pork, picnic	lb.	.75	.32	.24
Chicken breasts	lb.	1.00	.26	.26
Ham, whole	lb.	.95	.29	.27
Ocean perch, fillet, frozen	lb.	.92	.36	.33
Chuck roast of beef, bone in	lb.	1.01	.35	.35
Ham, canned	lb.	1.45	.24	.35
Liverwurst	8 oz.	.61	.60	.36
Pork loin roast	lb.	1.12	.33	.37
Frankfurters	lb.	1.03	.36	.38
Round beefsteak	lb.	1.75	.22	.38
Salami	8 oz.	.80	.50	.40
Rump roast of beef, boned	lb.	1.70	.26	.43
Haddock, fillet, frozen	lb.	1.21	.35	.43
Sirloin beefsteak	lb.	1.74	.28	.49
Rib roast of beef	lb.	1.49	.33	.49
Bologna	8 oz.	.68	.73	.50
Pork sausage	lb.	1.03	.52	.53
Pork chops, center	lb.	1.54	.35	.54
Bacon, sliced	lb.	1.18	.52	.62
Veal cutlets	lb.	3.08	.21	.66
Porterhouse beefsteak	lb.	2.01	.34	.68
Lamb chops, loin	lb.	2.26	.31	.69

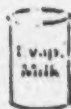
^{1/} Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.

^{2/} One-third of the daily amount recommended for a 20-year-old man. Assumes that all meat, including cooked fat, is eaten.

^{3/} Although milk is not used to replace meat in meals, it is an economical source of good quality protein. Protein from nonfat dry milk costs less than half as much as from whole fluid milk.



SMART SHOPPING FOR MILK



Today you can buy milk for your family in many forms--some costing considerably more than others. Price depends on whether milk is fresh, cultured, canned, or dried; whether part of the fat has been removed; and whether vitamins and minerals and milk solids have been added.

The size of the milk container, where you buy milk, and whether it is home delivered make a difference in the price of milk, too.

To illustrate: Many families now stretch their milk-buying dollars by using nonfat dry milk in place of whole fluid milk in cooking and--to some extent--as a beverage. Mixed with water to make fluid milk, nonfat dry milk costs only about one-third to one-half as much as an equal amount of fresh whole milk. It provides about as much protein, calcium, and riboflavin (one of the B vitamins) as whole milk; but unless it is fortified, less of vitamins A and D. It has only about half as many calories--an advantage to weight watchers and a disadvantage to those trying to gain weight..

TO CUT COSTS--



○Buy fresh fluid milk at a food or retail dairy store. Home-delivered milk usually costs more. Milk at small special-service stores may cost more, too.



- Buy fresh milk in 1/2- or 1-gallon containers if you can use that much milk without waste. You can usually save a few cents per quart by buying containers larger than quart size.
- Use evaporated milk in cooking.
- Use nonfat dry milk in cooking and as a beverage. If you rely on milk as your principal source of vitamin D, use fortified nonfat dry milk. Some families mix equal amounts of fresh whole milk and reconstituted nonfat dry milk for drinking.
- Buy nonfat dry milk in as large a package as you can store and can use without waste.

SMART SHOPPING FOR MILK PRODUCTS

Cheese, ice cream, and other milk products can replace part of the milk you need. To find the best buys in hard cheeses, compare costs of equal weights of the varieties your family prefers. In most cases--

○Natural cheeses, particularly those marked aged and sharp, cost more than process cheese.

○Cheeses in large boxes and jars and cottage cheese in large cartons cost less per pound than in smaller containers.

○Pasteurized process cheese costs more and has more cheese flavor than pasteurized process cheese food and cheese spread. Cheese food and cheese

spread, by law, can contain more moisture than process cheese.

○Cheese spread from a pressurized can costs more than cheese spread from a jar.

○Yogurt, ice cream, and ice milk can replace milk in diets, but at added cost. For example, 3/4 cup of ice cream may cost three times as much as the 1/2 cup of milk it replaces.



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HOW TO BUY FRESH FRUITS AND VEGETABLES

Fresh fruits and vegetables are a real treat because they taste good and they are good for you. They have vitamins and minerals you need for good health.

LOOK FOR GOOD BUYS

Fresh fruits and vegetables are usually cheaper and of best quality when they are in season.

When there are large supplies of a certain fruit or vegetable, the price is very reasonable. Look for special notices in the store or in the newspapers.

SHOP CAREFULLY

Good quality fresh fruits and vegetables LOOK fresh.

Don't buy fresh fruits or vegetables that have large bruises, cuts, or spots of decay, even if the price is low. When you trim off the bad part, what you have left may not be enough to be a bargain.

Handle fresh fruits and vegetables carefully when you pick them out in the store. Someone must pay for fresh fruits and vegetables lost by rough handling. In the long run, it might be you.

BUY ONLY WHAT YOU CAN USE

It doesn't pay to buy more fresh fruits or vegetables than you can use right away or store properly, so they won't spoil. Most fresh fruits and vegetables will keep at a cold temperature for 2 to 5 days. Apples, grapefruit, oranges, lemons, limes, and melons will keep at a cold temperature (in the refrigerator) for 1 or 2 weeks. Onions, potatoes, sweetpotatoes, and turnips will keep for several months at a cool temperature (not in the refrigerator).

LOOK FOR SIGNS OF QUALITY

You may see U.S. Department of Agriculture grade names on packages of some fresh fruits and vegetables. "U.S. Fancy" or "U.S. No. 1" means these fruits and vegetables should be of good quality.



BN-25788

If the shield is shown along with the grade on packages of fresh fruits and vegetables, they have been packed under continuous Government inspection.



For more information on the quality of fresh fruits and vegetables, contact your local USDA office or the nearest USDA office. For more information on the quality of fresh fruits and vegetables, contact your local USDA office or the nearest USDA office.

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HOW MUCH MEAT TO BUY

KEEP IN MIND: The economy of a cut of meat depends on the amount of cooked lean meat it provides, as well as its price per pound.

AMS-541-6

Learn to estimate accurately the amounts of different cuts of meat needed for your meals.

- the pounds of chuck and pork roast
- the size of chicken
- the number and thickness of chops and steak.

Pieces of a single cut of meat may vary in the amount of lean meat, fat, gristle and bone they contain. Often the exact amount to buy must be judged at the meat counter.

**IF 3 OUNCES OF COOKED LEAN MEAT IS COUNTED AS ONE SERVING, AND AVERAGE AMOUNTS OF WASTE ARE ASSUMED,
A POUND OF MEAT WILL PROVIDE THE FOLLOWING NUMBER OF SERVINGS:**

**3 TO 4 SERVINGS
(CUTS WITH LITTLE OR NO FAT)**

FLANK STEAK
GROUND MEAT
ROUND STEAK
STEW MEAT, LEAN
BONED ROAST, (LITTLE FAT)
LIVER
CENTER CUT OF HAM
VEAL CUTLET
FISH STEAKS
FISH FILLETS

**2 TO 3 SERVINGS
(CUTS WITH MEDIUM AMOUNT
OF BONE)**

MOST ROASTS
SOME CHOPS AND STEAKS
HAM
POULTRY
CHICKEN
TURKEY
DRESSED FISH

**1 TO 2 SERVINGS
(CUTS WITH MUCH BONE,
GRISTLE OR FAT)**

RIB CHOPS OF LAMB, PORK, VEAL
PLATE AND BREAST OF LAMB, VEAL
SPARE RIBS
SHANK
PORTERHOUSE STEAK
T-BONE STEAK
CLUB STEAKS
CHICKEN WINGS AND BACKS
SHORT RIBS

- Servings may be more than 3 ounces, or less than 3 ounces, depending upon how much each family member needs and wants....the size of pieces, such as chicken parts, chops or steaks.

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BE VITAMIN-WISE WHEN YOU SELECT VEGETABLES

- In general, freshly harvested vegetables have more vitamins than those held in storage.

- Make full use of vine-ripened tomatoes in summer when they are plentiful and inexpensive. Tomatoes vine ripened out-of-doors in summer sunlight have twice as much vitamin C as tomatoes grown in greenhouses in winter.

- You get several times as much vitamin A value from bright-orange, mature carrots as from pale-colored, young ones. Even so, young carrots are a good source of vitamin A; choose them if you prefer.

- Choose deep-orange sweet potatoes for maximum vitamin A value.

- Among the vegetables, turnip greens, kale, and collards are good sources of riboflavin as well as of vitamins A and C. Lima beans, peas, and young cowpeas, includ-

ing black-eye peas, contribute appreciable amounts of thiamine and protein.

- Peppers are high in vitamins A and C.

- The dark-green leafy vegetables are richer in nutrients, particularly vitamin A, calcium, and iron, than light-green vegetables.

- Leaf lettuce has more vitamin A value than pale-green head lettuce. The dark-green, outer leaves of head lettuce are much higher in vitamin A value than the inner leaves. For maximum food value, look for dark-green lettuce.

- Potatoes, although not rich in vitamin C, are a good source of this nutrient when eaten regularly.

- If the tops of beets are attached and still tender when you buy them, cook them—they are rich in vitamin A value.

3. To save time and avoid impulse buying organize your shopping list
 - a. according to the Basic 4 food groups
 - b. according to the floor plan of the store
 - c. according to fresh, frozen, and canned groups
 - d. with weekly specials at the top
4. To get the most vitamin A choose
 - a. dark green and deep yellow vegetables
 - b. dried beans and peas
 - c. cheeses and eggs
 - d. oranges and apples
5. Which of the following food groups usually takes the largest portion of the food budget?
 - a. milk and milk products
 - b. bread and cereal products
 - c. fresh fruits and vegetables
 - d. meat and poultry
6. A standard serving of most fruits and vegetables is
 - a. 1 cup
 - b. $\frac{2}{3}$ cup
 - c. $\frac{1}{2}$ cup
 - d. $\frac{1}{4}$ cup
7. If you are a normal 22-year-old woman and you eat 10 ounces of beef each day, you are eating
 - a. more meat than you need
 - b. the correct amount of meat
 - c. less meat than you need
8. Unit pricing is most helpful in comparing
 - a. cost per serving of foods
 - b. weight of cans
 - c. volume in packages
 - d. nutritive values of foods
9. "Good" grade meat is
 - a. more expensive than "Choice" grade
 - b. more flavorful than "Choice" grade
 - c. less flavorful than "Choice" grade
 - d. more tender than "Choice" grade
10. One pound of chicken will serve
 - a. one person
 - b. 2 - 3 persons
 - c. 4 - 5 persons
 - d. 6 - 8 persons
11. As the world's population grows, which type of food is becoming most scarce?
 - a. whole grain breads and cereals
 - b. green and yellow vegetables
 - c. fruit sugars
 - d. high quality proteins

12. Mary wants to serve lean ground beef patties for dinner to her family of four (one patty per person). According to the U. S. Department of Agriculture, how much meat should she buy?
- $\frac{1}{2}$ pound
 - 1 pound
 - $1\frac{1}{2}$ pounds
 - 2 pounds
13. Family: father 42, mother 40, son 17, daughter 15, son 12
According to the Basic 4 food groups how many quarts of milk should be purchased per day for this family?
- 4 quarts
 - 3 quarts
 - $3\frac{1}{2}$ quarts
 - 2 quarts
14. The quality of protein in meat
- is much the same regardless of the cut of meat
 - is dependent on the amount of lean meat per pound
 - is dependent on the grade of the meat
 - varies with the type of animal from which the meat comes
15. In planning family meals, allow a serving of dark green or deep yellow vegetable
- every day
 - every other day
 - twice a day
 - once a week
16. Which of the following is the best nutritional substitute for meat?
- dark green vegetables
 - whole wheat bread
 - dry beans
 - oranges, tomatoes and cabbage
17. To plan correct amounts of food to buy, one must understand the concept of
- cost per serving
 - unit pricing
 - average serving
 - cost per ounce
18. Since meat prices are high, you might want to serve another high-protein food for lunch. Which of these would not provide a good alternative form of protein?
- fruit and cottage cheese
 - scrambled eggs and toast
 - peanut butter sandwiches and milk
 - brown rice with butter
 - tuna fish and tomato slices
19. Generally, the least expensive form of milk is
- fluid skim milk
 - fluid whole milk
 - powdered skim milk
 - evaporated skim milk
20. A cost comparison of cuts of meat must be based on
- the cost of a serving of lean meat
 - the price per pound
 - the grade of meat
 - the grade and price per pound